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# Philipsburg State Hospital

LOCATED AT

Philipsburg, Pennsylvania



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Report for Two Years  
1925 and 1926

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DEPARTMENT OF WELFARE



COMMONWEALTH  
OF  
PENNSYLVANIA

# Philipsburg State Hospital

LOCATED AT

Philipsburg, Pennsylvania



Report for Two Years  
1925 and 1926

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### SENIOR ATTENDING STAFF

#### Surgical Staff

Dr. W. B. Henderson, Chief of Staff

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Dr. J. Henderson, Junior Attending

Dr. A. L. Benson, Roentgenologist

#### Medical Staff

Dr. G. A. Ricketts

Dr. M. C. Dinger

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Dr. R. L. Williams

Dr. W. S. Bryan

Dr. R. Jackson

Dr. J. Dale

Dr. J. B. Nason

Dr. D. F. Glasgow

### CONSULTING STAFF

Dr. J. H. Galbraith, Altoona, Pa.

Dr. G. L. Willey, Philadelphia, Pa.

## Administrative Officers of the Hospital and Faculty of Nurses' School

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Superintendent of Hospital and  
Principal of Nurses' School

Anna W. Lauman, R. N.

B. S. Columbia University

Supervisor Maternity and  
Private Patients Department

G. Winifred Evans, R. N.

A. B. Dickinson College

Assistant and Instructor

Theresa E. Shields, R. N.

Graduate Georgetown University  
School of Nursing

Supervisor of Operating Room

Mrs. Myrna Stoker, R. N.

Dietitian

Hannah Hotvedt

B. S. University of North Dakota

Supervisor Men's Medical and  
Surgical Department

Louise Ollinger, R. N.

Laboratory Technician

Jean E. Hay

A. B. Geneva College  
Laboratory Course Women's  
Medical College

Supervisor Women's Medical and  
Surgical Department

Rhoda Chaplin, R. N.

Night Supervisor

Katherine Kenna, R. N.

Anaesthetist

Avisia Chaplin, R. N.



The Philipsburg State Hospital  
Philipsburg, Pennsylvania



# The Hospital

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More than eleven centuries before Christ, the Greeks built at Epidauros, a very famous health resort, some of the ruins of which may still be seen. This ancient institution was built out in the open, being set in beautiful gardens surrounded by pine covered hills. The ancient Hindus directed that their houses for the sick should be spacious and roomy and every part exposed to strong winds and breezes. With the tremendous strides in scientific advances, we must not overlook what these early civilizations so well recognized, the natural forces that lead to health—fresh air, sunlight and open air. We know what these three agencies will do and what invaluable allies they are in restoring impaired health.

Whether chance or design was responsible for the location of the Philipsburg State Hospital, the fact remains that a more favorable site for a hospital could hardly have been found. Every requisite for restoring and conserving health is embodied in the location, arrangement and equipment of this State Institution. As regards physical appointments, it is admirably planned for the purpose it is to serve, that of being a guardian of public health and of promoting health education and disease prevention. A well equipped hospital constitutes a great incentive to attract and to hold to a community progressive physicians who would undoubtedly be driven to more promising locations if hospital facilities for stimulating and improving medical knowledge and technique as well as for the modern treatment of disease were not available. This community has every reason to be proud of the number and calibre of its medical men, doubly so since we hear so much of the dearth of good physicians in rural and outlying districts. It is scarcely possible to pick up a medical publication or attend a state or national meeting of a public health organization where the serious problem of the dearth of physicians for these communities is not discussed.

This community is fortunate not only in being able to hold the services of a group of qualified men for the treatment of the usual medical and surgical conditions that constitute the majority of illnesses needing treatment in a community but it is indebted to the state for providing services in several specialties. Through the State Welfare Department and the State Department of Health two recent valuable services have been added. They provide for the consultation, and in some cases the treatment, by specialists from the larger medical centers. Just as the State Universi-

ties are developing programs for bringing their instruction to the people by establishing extension centers in remote regions, so it is feasible to bring to the community hospitals serving outlying districts specialists in those medical lines where there is insufficient demand to warrant the full time practice of an expert in that branch of medicine. The first of these services to be established here was the State Mental Health Clinic.

—————P.S.H.—————

The State Mental Health Clinic is part of the great movement whose object is to save the 60% of patients suffering from mental disorders which psychiatrists assure us could be prevented and incidentally save to the country a part of that great economic loss, estimated at over \$200,000,000 yearly which mental diseases occasion. The clinic which is held at the hospital on the second Friday of each month has been very well attended, though a great proportion of the cases were obviously cases which were far progressed or cases of marked mental insufficiency. There remains much to be done in an educational way to help the public appreciate that mental disorder should be accepted as a disease and not a disgrace; "That all behavior abnormalities are the exaggeration of some response which, when made at the right time, and in the right degree, is normal". Viewed in this light there are doubtless not a few of us who could select from among our associates (and our relatives) many who might have been saved a markedly one-sided development had this tendency been early enough recognized. We possibly can appreciate the very human remark of the Quaker who said, "Friend, I think everybody seems to be queer except thee and me and sometimes I think thee too is a little bit queer."

We can appreciate with Dr. Emerson that the time is not far off "when the strange child, the worried mother, the confused and depressed workman will appeal to hospitals for relief for the twisted personality, the beaten brain, the incapable self control, as they now run to them for diabetes, appendicitis and typhoid fever."

Another important step in furthering community health work is the establishment of a State Orthopedic Clinic, making this one of the twelve units for the care of crippled children under the direction of the State Department of Welfare. These clinics for the examination of patients with deformities or abnormalities and the correction of these conditions together with the very important after care or follow-up work is under the direction of a skilled orthopedic surgeon who has met the requirements which the State Department of Welfare exacts. Before a surgeon is appointed to this service the credentials regarding his training and experience must be submitted to a board composed of leading orthopedic special-



CHILDREN'S WARD



ists of the State. The fact that there is a qualified orthopedist, conveniently located so that he can keep the patients under his supervision for the very important after care, is a most fortunate one. Parents very naturally hesitate to send their children far away to the larger centers for the many months required for this class of case and they will much more readily consent to the treatment of their crippled children when they find that the facilities, personnel and professional services exist near their home.

A great deal of credit for the inauguration of this work in this community is due to the interest of the local service clubs. The Rotary Club of Philipsburg was the moving force which projected the movement and the Kiwanis Club early manifested a ready willingness to help. Other service clubs and charitable organizations will doubtless stand ready to aid in the work. The Philipsburg Rotary Club has stood sponsor for the children's ward from the time of its inception, contributing money for the equipment and maintenance of the department and its members as individuals have, in many instances, supplied that human touch which means so much in the rehabilitation of these little patients.

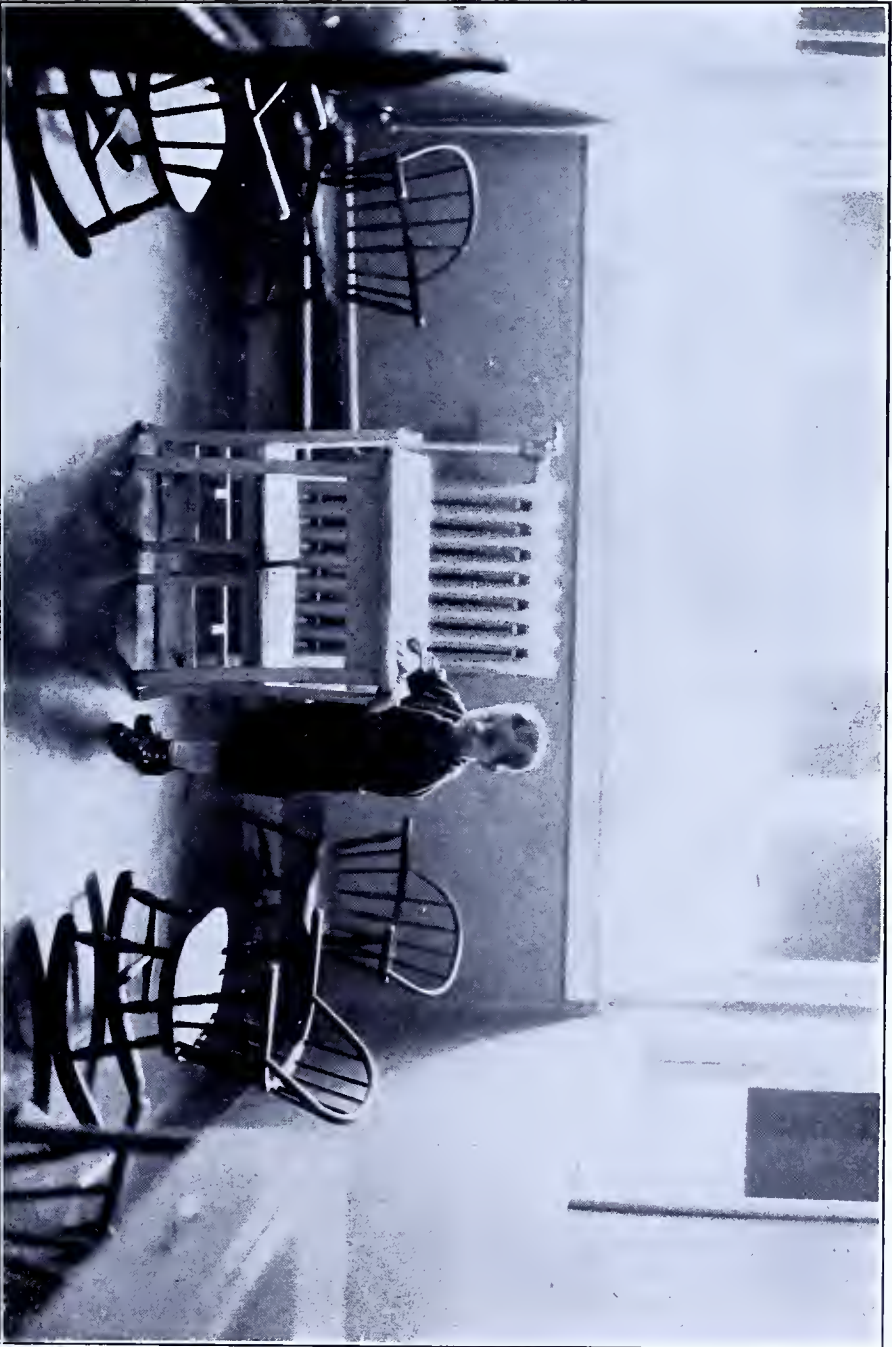
"Blessed is the hand that prepares a pleasure for a child, for there is no saying when and where it may bloom forth."

—————P.S.H.—————

### Little Joseph

Little Joseph, after weeks of continued high fever and days when his life was despaired of by those who cared for him, slowly and very gradually came to the road of recovery. At this stage, he was so thin and so white that his big dark eyes were the only bit of expressiveness in his emaciated little body.

During the long weeks of his illness he had never said a word. The first time he spoke was an event in the ward. He still was too weak to hold up his head but word that he had spoken his first words traveled quickly from nurses to doctors. In a few more days it was reported that he had smiled and still later he was re-learning to walk. Daily his thin little legs became rounder and a gradual returning plumpness replaced the hollow, wan cheeks. The carefully chosen food, the good air and sunshine were showing their marvelous effects. Even on cloudy days Joseph enjoyed his sun bath because the hospital now possesses an Alpin Sun Lamp which generates the beneficial ultra violet rays of the sun. Joseph's parents were very sensible and very co-operative. While they wanted very much to take their little boy home as soon as he was over the disease, they readily consented to let him stay when the doctor explained to them the danger of taking him home while he was still so frail and weak.



LITTLE JOSEPH

### **Helen Was Little Mother in Children's Ward**

Helen was the "Little Mother" in the children's ward during the period of her somewhat prolonged convalescence. She took an active interest in the care of those infants which were in for the correction of the effects of malnutrition and she was always ready to assist the nurses at feeding time. She so popularized this work that even the boys in the ward became interested and demanded that they be given a baby to help care for at feeding time.

When Helen left the hospital she was able to make a bed the "hospital way" and she could make it look quite as neat and finished as any of the nurses. The head nurse said she hoped that when Helen had finished her grammar and high school work she would enroll in the nurses school for she has shown that she possesses a special aptitude for the work of nursing.

—————P.S.H.—————

### **Department of Dietetic Treatment**

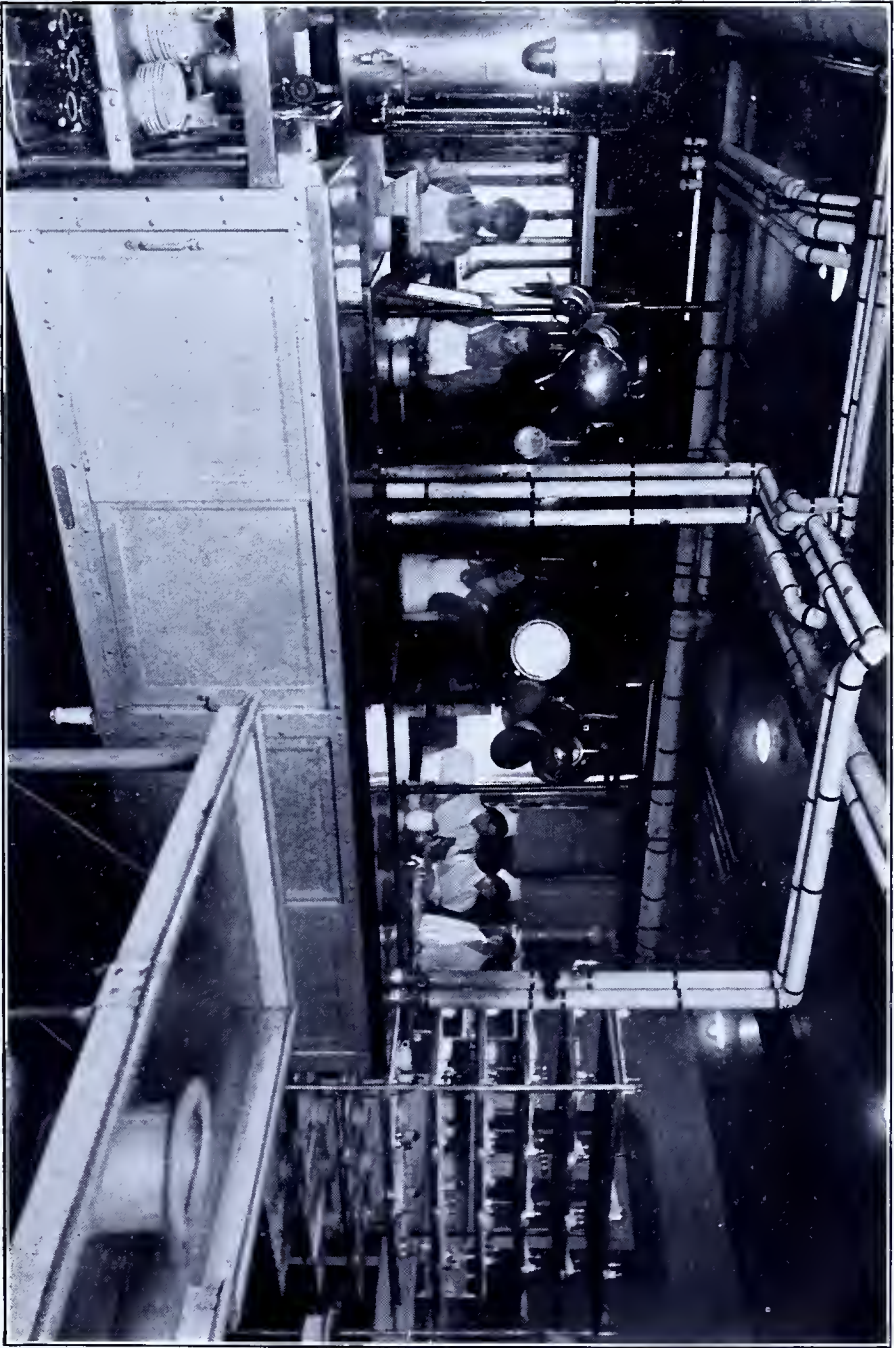
Among the forces which lead to health, nothing is more essential than a properly selected diet. No single factor contributes more toward the warding off of disease and deferring the marks of old age. During the past few years almost unbelievable strides in the treatment of diseases by means of diet have been made.

Dr. E. V. McCollum, Professor of Chemical Hygiene, School of Hygiene and Public Health, John Hopkins University says, "In no other department of preventive medicine is there so great an opportunity to improve the health and happiness of so many people. Only those who are ill enough to be under the care of a physician obtain his counsel on diet. Far more persons are in that group who are suffering from dietetic errors which result in defective physical development, lowered vitality, tooth decay, digestive disturbances, constipation, lowered resistance to disease, etc. which means so much in determining the effectiveness and happiness of life."

The carrying out of dietetic treatment requires the person in charge of that department to have a thorough training and experience in this work. The dietitian, who has charge of the department of dietetics at the Philipsburg State Hospital, is a graduate of the University of South Dakota, where she majored in dietetic work which course she supplemented by experience and training in the department of Nutrition at Cook County Hospital, Chicago. She not only directs the dietetic treatment of the patients during their stay at the hospital, but sees and advises them subsequently when they wish to come in for consultation regarding dietary matters.

That the department is becoming increasingly popular is shown by the fact that more cases of malnutrition, diabetes,





THE KITCHEN

anaemia, etc. are being treated each year. It is hoped, however, that more developments in educational, preventive work can soon be undertaken. The need for this is very evident. Doctors point out that 10 to 25 per cent of the school children are undernourished and directors of physical education in our colleges find a large number of the college students not in good health whose condition can be traced to infancy neglect, chiefly of a dietetic nature.

—————P.S.H.—————

### An Incident in the Ward

The story of the prodigal son has many, many times repeated itself since men have read the classic story of Bible times and always it affords interest and rejoicing to those who contemplate the reacting of this great drama. A youth was admitted to the hospital—a young life almost shipwrecked at manhood's dawn. Through the influence of a kindly physician the boy was induced to let his parents know of his plight. Soon an anxious letter from the father came to the hospital telling how the boy had always been a good boy, how he finally ran away from home to become a sailor and they had not heard from him, that his mother's heart was breaking, and would we please send him to them as soon as he was able to travel. They were poor but had borrowed the money for his return trip which was a very long one as there were a number of states between Pennsylvania and his home state. As the boy recovered and plans were made for his return to his parents, it was discovered that the poor rags he brought with him would ill fit him for his journey. The Red Cross was asked to come to the rescue and a very respectable looking suit of discarded clothes was soon found for him together with a hat and underwear. The morning of his leaving found all the patients of the ward who could be up and about collected around his bed, interested in his being fitted out for his journey. Dressed in his suit, into which another kindly, thoughtful doctor of Philipsburg had slipped a \$1.00 bill, with a lunch under his arm, he was met by the Red Cross nurse who took him to the train and started him back to the waiting arms of a father.

"I walked through the woodland meadow  
Where sweet the thrushes sang;  
And I found on a bed of mosses  
A bird with a broken wing.  
I healed its wound and each morning  
It sang its old sweet strain,  
But the bird with a broken pinion  
Never soared as high again.

I found a young life broken  
By sin's seductive art;  
And touched with a Christlike pity,  
I took him to my heart.  
He lived with a noble purpose,  
And struggled not in vain;  
But the life that sin had stricken  
Never soared so high again.

But the bird with a broken pinion  
Kept another from the snare;  
And the life that sin had stricken  
Raised another from despair  
Each loss had its compensation,  
There is healing for every pain;  
But the bird with a broken pinion  
Never soars as high again."





MEN'S SURGICAL WARD

# The Women's Auxiliary Society

## PRESENT OFFICERS

President	-	-	-	-	-	-	-	-	-	-	Mrs. Rachel Thomas
Vice President	-	-	-	-	-	-	-	-	-	-	Mrs. George Peters
Second Vice President	-	-	-	-	-	-	-	-	-	-	Mrs. Thos. G. McCausland
Treasurer	-	-	-	-	-	-	-	-	-	-	Mrs. Theodore Jackson
Secretary	-	-	-	-	-	-	-	-	-	-	Mrs. Allen Katen

The Women's Auxiliary Society of the Philipsburg State Hospital was organized March 13, 1922, at a meeting held in the Assembly room of the Moshannon National Bank Building. Its first officers were Mrs. S. H. Wigton, president; Mrs. Theo. Jackson, 1st vice president; Mrs. L. G. Runk, 2nd vice president; Mrs. J. O. Reed, 3rd vice president; Miss Janet B. Houtz, secretary, and Mrs. R. B. Stauffer, treasurer.

This organization has been very active and loyal in its support of the hospital. During the early part of the year 1925 it turned over to the hospital the sum of \$2,000 for the furnishing of the maternity ward and in 1926 its contributions were \$202.50 for linen, \$50.00 for the nurses library and it spent \$286.49 for Christmas gifts, decorations, flowers, etc. during the two years.

During 1925 its members made 677 garments and mended 124. The following year 749 new garments were made and 275 mended.

The Thanksgiving collection of canned fruit and vegetables which it collected in 1926 were 350 glasses of jelly, 250 quarts of fruit and 150 quarts of vegetables. The previous year a similar collection was made but the exact amount is not on record.

The above is only a partial summary of what this splendid body of women, has done. It has been active in furthering the celebration of National Hospital Day, has helped to make the nurses commencement day an occasion of greater rejoicing and it has aided in many other ways. It has made itself felt as a source of strength and support to those who have the direction of the institution.

At present its membership consists of 172 members. 107 of these belong to the main organization comprising Philipsburg, Osceola Mills, Morrisdale and surrounding country and 65 are members of the newly organized and active branch at Houtzdale.

The organization is conducting a membership campaign and its slogan is "Every woman of the community a member of the Hospital Auxiliary." An interest that is contagious and that will spread is such a one as is back of the expression repeatedly heard from one of the officers, an unusually busy and active woman upon whose time many demands are made, "I never let anything interfere with my auxiliary work. I may have to give up membership in some of the organizations to which I belong but this is one I shall continue."

There are many women whose interest could easily be enlisted in this worthy cause if only it were brought to their attention. Next to membership in that splendid humanitarian organization the Red Cross, membership in the Auxiliary Societies of the community hospital furnishes a most worthy outlet for the exercise of those higher impulses and motives.

The recently organized Houtzdale Auxiliary is the first branch of the Ladies Auxiliary to form a local organization with meetings in its home district, though it maintains a very close affiliation with the main organization.

During the short period of its organization it has given a very fine demonstration of what is possible of accomplishment by a local unit. Its members have met each month to make garments for the hospital, part of the material for which was contributed by one of its members.

It conducted a very successful membership drive by the rather ingenuous device of dividing its membership into two groups of odd and even numbers for the membership contest and requiring the losing side to provide an evening's entertainment to the winners.

The Organization has a number of plans under way for furthering its work in behalf of the hospital.

The first officers of this organization are Mrs. Morgan Hayes, president; Miss Margaret E. Leavy, 1st vice president; Mrs. Howard Crago, 2nd vice president; Mrs. F. Blanche Cornely, treasurer, and Mrs. Max Luxenberg, secretary.

## Junior Auxiliary of the Philipsburg State Hospital

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It is not often one can report such an anomaly as the birth of a Junior Society before the parent organization has come into being, but such was the enthusiasm of this youthful group that its record of organization dates almost two months earlier than that of the Senior organization.

The Junior Auxiliary was organized January 31, 1922, its first officers being, President, Mrs. B. F. Hoffer; 1st Vice President, Miss Evelyn Reed; 3rd Vice President, Mrs. Esther Dunsmore; Secretary, Miss Juanita Hoyt; Treasurer, Miss Lenetta Ibberson.

As might be expected from the youthful ardor of this group, its energies were early injected into the work of raising money for the hospital, and during the year of 1925 it turned over to the hospital treasurer the sum of \$1,250.00 to be spent for laboratory equipment. During the following year the additional sum of \$206.30 was given for this purpose.

A most interesting activity sponsored by this group is that of the yearly Thanksgiving Hospital Donations of the School Children. Each year these youthful donors bring their little gifts, carefully wrapped and labeled to school on the designated day and it is then collected and brought to the hospital by a committee from the Junior Ladies Auxiliary. So popular has this annual gift day become that the teachers say, that long before Thanksgiving the children begin to remind them of the hospital gift day.

In addition to the above mentioned activities, the Junior Auxiliary annually contributes fruit and decorations at Christmas time, flowers at Easter and on Commencement Day and it assists with the celebration of National Hospital Day.

A great deal of credit is due this organization for their cheerful, ready and active support.

The organization at the present time has a membership of 129 and its present officers are:

President, Mrs. James Adams; 1st vice president, Mrs. Geo. Batcheler; 2nd vice president, Mrs. Mahlon Hagerty; secretary, Miss Frances Custer; treasurer, Mrs. G. B. Merrill.





GROUP OF MOTHERS WITH BABIES THAT WERE BORN IN THE PHILPSBURG STATE HOSPITAL. PHOTOGRAPH  
TAKEN ON NATIONAL HOSPITAL DAY, MAY 12, 1926

## Needs of The Philipsburg State Hospital

It is customary in compiling a report to enumerate not only the improvements, added facilities, etc., but also the most pressing needs of the institution. It is right that the people of the community should be advised of the needed improvements as well as the present condition of a public institution. One reason for compiling a report is to inform the public fully regarding the institution. Full publicity will dispel the idea sometimes held that a State institution has no need of local aid. Though the State does appropriate money for construction, equipment and also a sum for maintenance, it expects the local community which is benefited by the institution to bear a part of the cost. Publicity as regards needed facilities for educational, philanthropic, and health agencies is very often the means of bringing to the attention of prospective donors a worthy enterprise. It often happens that a person of means, who would like to make a disposition of a part of his or her money, goes out of the community for the purpose of selecting some deserving agency when one near by would have been selected had its needs been sufficiently known.

The greatest present need which faces the Philipsburg State Hospital and the Nurses School connected with it is added facilities for the nurses home. The present comfortable and attractive home was built to accommodate the number of nurses for staffing the old hospital and is much too small to house the present staff. This school is very fortunate in being able to attract a fine type of student in sufficient number to fill its classes consequently we feel keenly the lack of enough housing space at the home.

Modern class room facilities are also needed and the board is contemplating planning these with removable partitions so that they can be thrown together to form a hall sufficiently large to enable periodic lectures on health subjects to be given to the public.

The Philipsburg State Hospital has been most fortunate in enjoying the sustained interest and support of its community. Nothing speaks more eloquently of the place the hospital holds in the hearts of the people than the number of small contributions, great in the aggregate, which come to the institution during each year. Many very substantial individual contributions are also received and of large contributions the hospital is not lacking since it is the recipient of gifts amounting to thousands of dollars from a very generous and public spirited friend who always stipulates that his gifts be accepted without any mention of their source.

I expect to pass through this world but once; if, therefore, there be any kindness I can show, or any good thing I can do, let me do it **now**, for I shall not pass this way again. (Anon.)





A GROUP OF NURSES AND PHYSICIANS CONNECTED WITH THE HOSPITAL

There is no physician like cheerful thought for dissipating the ills of the body; there is no comforter to compare with good-will for dispersing the shadows of grief and sorrow. To live continually in thoughts of ill will, cynicism, suspicion and envy, is to be confined in a self made prison-hole. But to think well of all, to be cheerful with all, to patiently learn to find the good in all—such unselfish thoughts are the very portals of heaven.

—James Allen

Reflect upon your present blessings of which every man has many, not on your past misfortunes of which all men have some.

—Dickens

That man may last, but never lives,  
Who much receives but nothing gives;  
Whom none can love, whom none can thank,  
Creation's blot, creation's blank.

—Gibbons

The secret of happiness is not in doing what one likes—  
But in liking what one has to do.

—Barrie

Now its best to sing a song  
'Stead o' sit and mourn;  
Rose you'll find grows right along  
Bigger than the thorn.

—Morris

See the wretch, that long has tost  
On the thorny bed of pain,  
At length repair his vigor lost,  
And breathe and walk again;  
The meanest flow'r'et of the vale,  
The simplest note that swells the gale,  
The common sun, the air, the skies,  
To him are opening Paradise.

—Gray

Is it raining, little flower?  
Be glad of rain.  
Too much sun would wither thee,  
'Twill shine again.

—Anonymous





PRIVATE ROOM

## Care of Sick Should be a Part of Every Woman's Education

It is often remarked by mature, observant persons that a course in caring for the sick would be a useful part of any young woman's general education. That the same view is held by some of the younger observers is evidenced by the remark made by a young pre-medical student who expressed himself very positively of the opinion that every girl ought to take a hospital course in nursing, that it should be a part of her general education. Combining this viewpoint with the one held by many, that each young girl, regardless of circumstances in life, should learn some profession or calling which may, if necessary, be the means of self support, there is much to say in favor of this particular profession. Most young women however, take it up with the earnest purpose of making it their choice of life work. It is pre-eminently a woman's work because women are particularly adapted to it and there is no small satisfaction in knowing that one is engaged in a socially useful work in which there is no possibility of holding a position that might be coveted by some man who has a family to support. Though there are, even in this work, opportunities for the exercise of selfishness and self-interest, there is perhaps no calling in which there is so much opportunity for the exercise of kindly altruistic motives. This desire to be socially useful, to make one's life more than a cancellation and to leave the world a little better for having lived in it is such a universal desire in every heart that it doubtless accounts for the choice of so many young women to take up the study of the care of the sick.

Thousands of men breathe, move and live! pass off the stage of life and are heard of no more. Why? They did not a particle of good in the world, and none were blest by them; not a line they wrote, not a word they spoke, could be recalled, and so they perished—their light went out in darkness, and they were not remembered more than the insect of yesterday.

—Chalmers

Blessed is he who has found his work; let him ask no other blessedness. He has a work, a life purpose. Labor is life.

—Carlyle



CHILDREN'S SUN PORCH



## **School of Nursing**

The School of Nursing connected with the Philipsburg State Hospital is accredited with the Pennsylvania Board of Nurse Examiners and the American Nurses Association.

The Standard Curriculum, which was compiled by the National League of Nursing Education, is used as a guide for the making of the course of study.

The Board of Directors of the Hospital have the interest of the school greatly at heart and are ever seeking means for improving the standards of the school. Their latest and most progressive measure has been to make an arrangement with Pennsylvania State College to have some of the Science teaching done through that institution. This will be a great asset to the School.

## **The Nurses Home**

The Nurses Home is a very comfortable and attractive building located a short distance from the hospital. It contains a large well furnished living room which is provided with a piano and victrola and serves as a pleasant place for the students to entertain their friends. Free opportunity is given for recreation, parties are arranged for the students and their friends and provision for outdoor recreation is made in the form of a tennis court and equipment for outdoor recreation.

## **Requirements for Admission**

Whenever possible the candidate should apply in person. Applicants should be between the ages of 18 and 35. The educational requirement is graduation from an approved high school or its equivalent.

Applicants must present a certificate of health from their family physician and a statement from their dentist certifying that their teeth are in good order.

Hours off duty: Students are given two hours daily for recreation, a half day each week and a whole day every other Sunday.

The course of training covers a period of three years, the first three months of which is the probationary period. At the end of the probationary period an examination is held; if the pupil successfully passes this examination and shows general fitness for nursing, good health and the ability to keep up



NURSES' RECEPTION ROOM

with the class instruction, she is accepted as a student of the school.

In case of sickness, students are cared for by the hospital but the time so lost must be made up.

### **Probationer's Outfit**

Probationers must provide themselves with three gingham dresses, made in plain shirtwaist style, with skirts measuring 12 inches from the floor, (a sample will be furnished), ten large aprons made of light weight sheeting, the skirt of the apron to be made with a six inch hem; the fullness to be gathered to waistband which is to be fastened by two buttons; a fountain pen; a watch with a second hand; a bandage scissors; a pair of comfortably fitting good sense shoes with rubber heels, a warm kimona and bath slippers and laundry bag.

Students receive board, lodging and a reasonable amount of laundry work from the time of entrance. All clothing must be plainly made and marked with indelible ink or woven name tapes on the neck and waist band. An allowance of \$12.00 per month is given after the probationary period is passed and the student is admitted to the school.



## Course of Study

### First Year

#### Winter Term

Elementary Nursing, including Hospital Housekeeping and Bandaging .....	90 hours
Anatomy and Physiology .....	60 hours
Bacteriology .....	45 hours
Applied Chemistry .....	30 hours
Hygiene and Sanitation .....	15 hours
Elementary Materia Medica .....	15 hours
Ethics .....	15 hours

#### Spring Term

History of Nursing .....	15 hours
Advanced Nursing .....	30 hours
Dietetics .....	45 hours
Materia Medica and Therapeutics .....	30 hours
Pathology and Urinalysis .....	15 hours
Applied Psychology, including Mental Hygiene.....	30 hours

### Second Year

Surgical Nursing, including Gynecologic and Orthopedic Nursing .....	45 hours
Medical Nursing including general medical diseases, Com- municable Diseases, Occupational, Skin and Venereal Diseases .....	45 hours
Obstetrics .....	30 hours
Pediatrics .....	30 hours
Massage .....	20 hours

### Third Year

Mental Nursing .....	30 hours
Emergency Nursing and First Aid .....	15 hours
Diseases of the Eye, Ear, Nose and Throat .....	15 hours
Public Hygiene and Preventive Medicine .....	20 hours
Special Therapeutics .....	15 hours
Professional Problems and Survey of the Nursing Field .....	15 hours

## FINANCIAL REPORT FOR 1924-1925

### Receipts

State of Pennsylvania .....	\$20,643.47
Board and Care of Patients .....	22,775.57
Operating Room .....	2,710.00
Laboratory .....	1,937.00
Other Sources .....	4,251.90
Deficit .....	3,700.86
Total .....	\$56,018.80

### Expenditures

Provision and other supplies .....	\$29,366.35
Fuel .....	2,186.16
Salaries and Wages .....	24,466.29
Total .....	\$56,018.80

—————P.S.H.—————

## FINANCIAL REPORT FOR 1925-1926

### Receipts

State of Pennsylvania .....	\$25,201.98
Board and Care of Patients .....	26,509.72
Operating Room .....	2,687.00
Laboratory .....	2,681.50
Other Sources .....	4,164.51
Deficit .....	5,097.74
Total .....	\$66,342.45

### Expenditures

Provisions and other supplies .....	\$32,690.61
Fuel .....	1,800.00
Salaries and Wages .....	31,851.84
Total .....	\$66,342.45



## Summary of Patients Treated

From June 1, 1924 to May 31, 1925

	Patients	Days of Treatment
Medical Cases .....	266	3,315
Surgical Cases .....	589	11,169
Maternity Cases .....	48	485
New Born Cases .....	39	351
Still Born Cases .....	9	
Tonsilectomy Cases, Adult .....	149	233
Tonsilectomy Cases, Children .....	118	186
Pediatric Cases, Surgical .....	92	880
Pediatric Cases, Medical .....	33	446
Operations Performed .....	893	
Total Patients Treated .....	1,333	
Total Patient Days of Treatment.....	17,065	
Daily Average Patients .....	46 plus	

— P.S.H. —

## Summary of Patients Treated

From June 1, 1925 to May 31 1926

	Patients	Days of Treatment
Medical Cases .....	300	4,900
General Surgical Cases .....	530	8,370
Gynecologic Cases .....	116	1,810
Maternity Cases .....	76	880
New Born Cases .....	71	849
Still Born Cases .....	6	
Nose and Throat Cases .....	113	264
Eye Cases .....	26	308
Ear Cases .....	6	72
Surgical Pediatric Cases .....	270	1,402
Medical Pediatric Cases .....	43	695
Operations Performed .....	980	
Total Patients Treated .....	1,557	
Total Patients Days of Treatment.....	19,550	
Daily Average Patients .....	54	

— P.S.H. —

## Record of Patient Days

	1924-25	1925-26
Number of pay patient days .....	5,682	6,805
Number of part pay patient days .....	2,905	2,192
Number of free patient days .....	8,478	10,550
Total .....	17,065	19,550

Report of Pathological Laboratory

	1924-25	1925-26
Urinalysis .....	3,760	4,170
Blood Counts .....	393	475
Smears .....	74	70
Wassermans .....	24	30
Cultures .....	34	32
Blood Sugar .....	29	42
Blood Urea .....	20	40
Sputum Examinations .....	27	25
Gastric Analysis .....	18	21
Feces Examinations .....	22	6
Kidney Function Test .....	2	12
Spinal Fluid Examinations .....	18	4
Widal Tests .....	1	15
Basal Metabolism Tests .....		68
Blood Creatinin .....		2
Blood Typing .....		42
Coagulation time test .....		

—————P.S.H.—————

Report of X-Ray Department

	1924-25	1925-26
Teeth .....	56	47
Upper Extremeties .....	145	121
Lower Extremeties .....	143	153
Trunk .....	133	159
Gastro Intestinal .....	66	74
Head .....	38	39
Total for Year .....	581	593



## Conclusion

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In concluding this report I wish to express a most heartfelt and sincere appreciation to the hospital board for its unvarying and whole-hearted support. Its progressive attitude toward hospital and nurses school policies have made the work most interesting and satisfying. It is chiefly because of this generous support and help from the members of the board that so much progress can be recorded.

I wish also to record a grateful appreciation of the loyal help and support given by the Staff of Physicians. That there has been such a spirit of harmony and co-operation is due to the fact that the members of the staff have invariably set the interest of the hospital above their personal interests and have been big enough and generous enough to cheerfully accede to a policy which makes for a singleness of purpose and a highly concentrated aim. Much credit is due them for the interest they have shown in improving the standards of the Nurses School and for the time and effort they have contributed toward the teaching work.

To my assistants, the heads of the various departments, the supervisors, the student nurses and all others who are associated in the work, I wish to express a most hearty appreciation for their loyal service, their generous support and their whole-hearted interest and pride in the work of the institution. It is not possible to adequately express the appreciation one feels for such help.

ANNA LAUMAN,  
Superintendent.

WEIGHT TABLES

Average Height and Weight of Boys

Height Inches	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
39	35	36	37											
40	37	38	39											
41	39	40	41											
42	41	42	43	44										
43	43	44	45	46										
44	45	46	46	47										
45	47	47	48	48	49									
46	48	49	50	50	51									
47		51	52	52	52	53	54							
48		53	54	55	55	56	57							
49		55	56	57	58	58	59							
50			58	59	60	60	61	62						
51			60	61	62	63	64	65						
52			62	63	64	65	67	68						
53				66	67	68	69	70	71					
54				69	70	71	72	73	74					
55					73	74	75	76	77	78				
56					77	78	79	80	81	82				
57						81	82	83	84	85	86			
58						84	85	86	87	88	90	91		
59						87	88	89	90	92	94	96	97	
60						91	92	93	94	97	99	101	102	
61							95	97	99	102	104	106	108	110
62							100	102	104	106	109	111	113	116
63							105	107	109	111	114	115	117	119
64								113	115	117	118	119	120	122
65									120	122	123	124	125	126
66									125	126	127	128	129	130
67									130	131	132	133	134	135
68									134	135	136	137	138	139
69									138	139	140	141	142	143
70										142	144	145	146	147
71										147	149	150	151	152
72										152	154	155	156	157
73										157	159	160	161	162
74										162	164	165	166	167
75											169	170	171	172
											174	175	176	177

Average Height and Weight for Men

Height	19	20	21-22	23-24	25-29	30-34	35-39	40-44	45-49	50-54
5 ft. 0 in.	107	110	114	118	122	126	128	131	133	135
5 ft. 1 in.	112	115	118	121	124	128	130	133	135	136
5 ft. 2 in.	117	120	122	124	126	130	132	135	137	138
5 ft. 3 in.	121	124	126	128	129	133	135	138	140	141
5 ft. 4 in.	124	127	129	131	133	136	138	141	143	144
5 ft. 5 in.	128	130	132	134	137	140	142	145	147	148
5 ft. 6 in.	132	133	136	138	141	144	146	149	151	152
5 ft. 7 in.	136	137	140	142	145	148	150	153	155	156
5 ft. 8 in.	140	141	143	146	149	152	155	158	160	161
5 ft. 9 in.	144	145	147	150	153	156	160	163	165	166
5 ft. 10 in.	148	149	151	154	157	161	165	168	170	171
5 ft. 11 in.	153	154	156	159	162	166	170	174	176	177
6 ft. 0 in.	158	160	162	165	167	172	176	180	182	183
6 ft. 1 in.	163	165	167	170	173	178	182	186	188	190
6 ft. 2 in.	168	170	173	176	179	184	189	193	195	197
6 ft. 3 in.	173	175	178	181	184	190	195	200	202	204
6 ft. 4 in.	178	180	183	186	189	196	201	206	209	211
6 ft. 5 in.	183	185	188	191	194	201	207	212	215	217

Average Height and Weight of Girls

Height Inches	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
39	34	35	36											
40	36	37	38											
41	38	39	40											
42	40	41	42	43										
43	42	42	43	44										
44	44	45	45	46										
45	46	47	47	48	49									
46	48	48	49	50	51									
47	49	50	51	52	53									
48	51	52	53	54	55	56								
49	53	54	55	56	57	58								
50		56	57	58	59	60	61							
51		59	60	61	62	63	64							
52		62	63	64	65	66	67							
53			66	67	68	68	69	70						
54			68	69	70	71	72	73						
55				72	73	74	75	76	77					
56				76	77	78	79	80	81					
57					81	82	83	84	85	86				
58					85	86	87	88	89	90	91			
59					89	90	91	93	94	95	96	98		
60						94	95	97	99	100	102	104	106	
61						99	101	102	104	106	108	109	111	
62						104	106	107	109	111	112	114	115	
63						109	111	112	113	115	117	118	119	
64							115	117	118	119	120	121	122	
65							117	119	120	122	123	124	125	
66							119	121	122	124	126	127	128	
67								124	126	127	128	129	130	
68								126	128	130	132	133	134	
69								129	131	133	135	136	137	
70									134	136	138	139	140	
71									138	140	142	143	144	
72										145	147	148	149	

Average Height and Weight for Women

Height	19	20	21-22	23-24	25-29	30-34	35-39	40-44	45-49	50-54
4 ft. 10 in.	98	102	106	110	113	116	119	123	126	129
4 ft. 11 in.	103	107	109	112	115	118	121	125	128	131
5 ft. 0 in.	109	112	113	115	117	120	123	127	130	133
5 ft. 1 in.	113	115	116	118	119	122	125	129	132	135
5 ft. 2 in.	116	118	119	120	121	124	127	132	135	138
5 ft. 3 in.	120	121	122	123	124	127	130	135	138	141
5 ft. 4 in.	123	124	125	126	128	131	134	138	141	144
5 ft. 5 in.	126	127	128	129	131	134	138	142	145	148
5 ft. 6 in.	129	130	131	133	135	138	142	146	149	152
5 ft. 7 in.	131	133	135	137	139	142	146	150	153	156
5 ft. 8 in.	135	137	139	141	143	146	150	154	157	161
5 ft. 9 in.	138	140	142	145	147	150	154	158	161	165
5 ft. 10 in.	141	143	145	148	151	154	157	161	164	169
5 ft. 11 in.	145	147	149	151	154	157	160	164	168	173
6 ft. 0 in.	150	152	154	156	158	161	163	167	171	176

In ascertaining height—measure yourself in shoes; stand erect, and press measuring rod down against scalp. Weigh yourself in indoor clothing and shoes. If shoes have sensible heels, subtract one inch for height; if heels are “high”, subtract two inches.

Your standard of weight is found where your height and age meet.

Up to 20 years of age it is advantageous for health to weigh as much as the standard in the table; above 30 overweight is decidedly disadvantageous to health. For a person above 30, the best standard is given by table in 30-34 year column.

Tables prepared by Dr. T. D. Wood, Professor of Physical Education, Columbia University.



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